

BOBBY FLAY, BABY DADDY?

WHAT HIS WIFE SAYS ABOUT JANUARY JONES. PAGE 12



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Home sweet home?

Dangerous conditions. Metro spoke with some East Village residents who are complaining of health hazards in their homes after they were forced to return to their apartments near a deadly blast zone. PAGE 02

EXCLUSIVE

New York is open for medical marijuana

PAGE 04

Seven Baltimore cops hurt in violent riots

PAGE 06

Make new experiences great for an autistic kid

PAGE 17

Zizzo plays match hours before birth of daughter

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The scene at 125 Second Avenue, more than a month after a massive gas explosion tore through multiple buildings, killing two people. / MILES DIXON, METRO

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NEWS

Top 3

The best of Metro.us

1 'I tried SoulCycle and it made me question my humanity'

2 'Mika bares it all'

3 VIDEO: Destroying an Apple Watch'



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Tenants not breathing easy after explosion, fire



Robert Quigley looks out the window of his apartment at 125 Second Avenue toward what remains after the deadly blast. / MILES DIXON, METRO



Exclusive. Metro spoke with Second Avenue tenants who say they are living in hazardous conditions after the deadly March blast.

When Yvonne Colleary goes home to the East Village apartment she's lived in for 30 years, her eyes sting. The ceiling in one room is caving in, and there is dust and grit throughout.

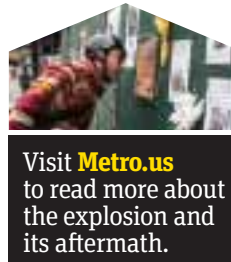
Nearly a month after the explosion that leveled two buildings on Second Avenue, Colleary and other residents of a neighboring building say their apartments are still uninhabitable, despite the city de-

claring them safe to live in. "Your eyes don't feel so good," Colleary said. "There's something in there. Maybe it's smoke, I don't know, but as far as we know, they didn't really test the air in the building. They tested it across the street. ... It seems like they're missing the crux of it."

Like many of her neighbors, Colleary does not feel safe moving back into her apartment, although the city says it's ready.

City records show that air-quality tests, conducted by the departments of Environmental Protection and Housing Preservation and Development, were done on the sidewalk across the road, not inside the building.

"It's difficult to understand why the vacate order was lifted weeks



Visit **Metro.us** to read more about the explosion and its aftermath.

ahead of the anticipated time line. The air inside is thick; without a face mask, nausea and headaches set in within half an hour — that's the longest I've been able to stand it," said resident James Styron, who had lived in the building for just three weeks before the fire.

Although the city has declared most of their building livable — vacate orders were lifted on all but five of the apartments

Quoted

"We are expected to pay rent for mid-April onward, but the conditions are not [habitable], regardless of what city officials say. I'd invite any of them to spend the night in one of the south-side apartments, where the worst damage occurred. It might change their perspective." Resident James Styron

over a week ago — many residents have not moved back in because of the damage. Many are relying on friends and family to help them out while they sort through the aftermath of the disaster.

One tenant, Karen Bienert, has been back to her apartment for just 30 minutes at a time to begin cleaning up, although, according to the city, her apartment is habitable.

"Honestly, it stays with

you," Bienert said. "I had a sore throat and headache and nausea for the rest of the day. I'm not like an overly fussy person, but it stays with you and it's like, gosh, if that's the effect after only having been in there for 30 minutes at a time, what would it be like to actually spend the night there?"

NIDHI PRAKASH
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Inspections. Advocates push city for apartment walk-throughs



The scene at 125 Second Avenue
MILES DIXON, METRO

GO LES, a community advocacy organization based in the area, has been working with tenants to get a more-thorough inspection from the city.

According to their notes, residents in the building are dealing with conditions like rampant water damage, broken windows and, in some cases, cracks in the walls.

"The conditions are pretty bad, the odor, the horrible stench ... the broken windows and dust and debris and an assortment of items," said Wasim Lone, director of housing services for GO LES. "Government agencies are hard to track down and get efficient expeditious responses from ... but we are working on it." METRO

Health concerns

City official weighs in

Councilwoman Rosie Mendez, who represents the East Village, told Metro she attended a meeting on Friday with representatives of the Department of Health, HPD, the Department of Environmental Protection and the mayor's office of community affairs, along with other elected representatives.

"We asked about the

air quality in the apartments and they talked us through what samplings they do," said Mendez. "They did not find any danger or anything to show that there was asbestos and they say they do not do testing in the buildings and that certainly there was no need, especially when the buildings on the outside [were] not showing that there was asbestos."

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Commute. LIRR, Metro-North see record ridership

More commuters are riding the Metro-North and Long Island Rail Road in and out of the city than ever before, the MTA said Monday.

With more than 84 million passengers, the Metro-North carried the most passengers in its history last year, and saw a 1.5 percent growth from 2013. LIRR ridership increased 3 percent during the same time period.

The increases came from rides during off-peak

hours, including job commutes, sporting events and weekend outings.

"New Yorkers are developing a mindset that riding the railroad isn't just about going to work anymore. It's becoming more and more integrated into the fabric of daily life," said MTA CEO Thomas Prendergast.

The subway system grew 2.6 percent in 2014, carrying more than 1.75 billion people last year.

WENDY JOAN BIDDLECOMBE

Marijuana

NY open for medical weed

Registration is now open for businesses vying for the five slots to dispense medical marijuana in the Empire State.

The Compassionate

Care Act makes marijuana accessible to patients with cancer, ALS and other diseases. The drug will only be available in non-smoking forms, such as edibles and vaporizers, and businesses must be licensed by the state. METRO

State lawmakers take on zombie properties

Housing. For every foreclosed home on a block, property values plummet.

Foreclosures are on the rise across the state, and state lawmakers want to stop abandoned properties from becoming eyesores that drive down property values in neighborhoods by holding banks accountable.

The Bronx leads the five boroughs in zombie foreclosures — properties that have been vacated by a homeowner who is being foreclosed on, but not being maintained by the bank — with 45 percent of all foreclosures considered zombie properties by the attorney general's office.

"Ladies and gentlemen, there are zombies in



State Attorney General Eric Schneiderman, right, is taking on zombie foreclosures. / WENDY JOAN BIDDLECOMBE

the Bronx," said Attorney General Eric Schneiderman during Monday's announcement on the steps of Bronx Supreme Court. "If you're on a street with a bunch of abandoned properties, you're also a victim of the crash. Your entire community is damaged."

Zombie foreclosures

jumped by 50 percent in the state from 2013 to 2014, with 16,701 homes becoming zombified last year. In New York City, there are 3,525 zombie homes, or 38 percent of foreclosed properties.

Supporters Schneiderman, Sen. Jeffrey Klein (D-Bronx/Westchester) and

Assemblywoman Helene Weinstein hope the bill will be passed by the end of the legislative session to help residents stay in their homes longer and hold banks accountable for property management.

Elbin Mena, from the Hardin Park Homeowner's Association, said their small community of 236 homes on the Bronx River has five zombie properties, some of which have been broken into.

Klein said for every foreclosed home on a block, property values can decrease by as much as \$20,000, and many communities afflicted with zombie properties are communities of color that received subprime mortgages before the crash.



WENDY JOAN BIDDLECOMBE
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Robert Kiyosaki will not attend this event.

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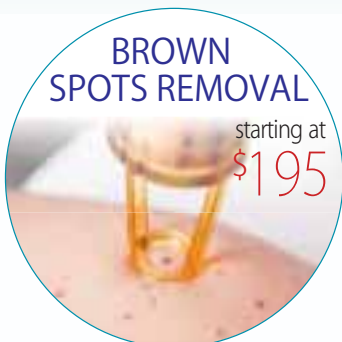


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Violence erupts in Baltimore after funeral

Shut down. Schools, businesses and train stations were closed in the Maryland city of 662,000 people.

Seven Baltimore police officers were injured on Monday as rioters threw

bricks, broke windows, looted businesses and burned patrol cars in violent protests following the funeral of a black man who died after he was injured in police custody.

The riots broke out just a few blocks from the site of the funeral of 25-year-old Freddie Gray in northwest Baltimore and then spread through other parts

of the city in the most violent demonstrations since looting in Ferguson, Missouri, last year.

Television images showed mobs of rioters jumping on top of a police car, destroying a taxi and setting two other patrol cars on fire after teen-aged crowds ignored calls to disperse and clashed with lines of hundreds of



Baltimore police officers push back a protester. / GETTY IMAGES

police. Gangs had threatened to target police officers, local law enforcement said.

Gray's death on April 19 reignited a public outcry over police treatment of African-Americans that flared last year after the killings of unarmed black men in Ferguson, New York City and elsewhere. **REUTERS**

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Quake. Thousands flee capital in Nepal



People search amidst the rubble of collapsed houses in Bhaktapur, on the outskirts of Kathmandu. / GETTY IMAGES

Death toll. A senior interior ministry official said fatalities could reach 5,000.

Nepalese officials scrambled on Monday to get aid from the main airport to people left homeless and hungry by a devastating earthquake two days earlier, while thousands tired of waiting fled the capital Kathmandu for the surrounding plains.

By afternoon, the death toll from Saturday's earthquake had climbed to more than 3,700, and reports trickling in from remote areas suggested it would rise significantly.

Kathmandu's Tribhuvan International Airport was hobbled by many employees not showing up for work, people trying to get out, and a series of aftershocks which has forced it to close several times since the quake.

Home Minister Bam

Dev Gautam was supervising aid delivery and arranging for passengers to leave the country.

Many of Kathmandu's one million residents have slept in the open since Saturday, either because their homes were flattened or they were terrified that aftershocks would bring them crashing down.

On Monday, thousands streamed out of the city. Roads leading from Kathmandu were jammed with people, some carrying babies, trying to climb onto buses or hitch rides aboard cars and trucks to the plains. Long queues had formed at the airport. **REUTERS**

Mount Everest

17

High in the Himalayas, hundreds of climbers were staying put at Mount Everest base camp, where a huge avalanche after the earthquake killed at least 17 people in the single worst disaster to hit the world's highest mountain.

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Okla. sheriff's official resigns

The No. 2 official at the Tulsa County Sheriff's Office has resigned weeks after the fatal shooting of a suspect by a reserve deputy who said he mistakenly fired his handgun instead of his Taser, the sheriff said on Monday.

Undersheriff Tim Albin's resignation follows the release of documents into the investigation of Reserve Deputy Robert Bates, who was charged with second-degree manslaughter in the fatal shooting of Eric Harris on April 2.

The shooting has prompted investigations into whether Bates received special treatment due to his donations to the department and his personal ties to Tulsa County Sheriff Stanley Glanz. **REUTERS**

Aurora cinema massacre trial underway

Colorado's long-awaited cinema massacre trial began on Monday with jurors asked to decide whether gunman James Holmes was insane when he killed a dozen moviegoers in 2012, or a calculating mass murderer who deserves execution.

Public defenders trying to spare the life of the one-time neuroscience graduate student, and prosecutors seeking the death penalty, are set to present their opening statements in a courtroom on the outskirts of Denver.

REUTERS

JAMES HOLMES / GETTY IMAGES

Storm knocks out power to New Orleans airport

A line of storms moving through Louisiana on Monday knocked out power to the New Orleans International Airport, sent train cars tumbling from an elevated bridge and left

There were no immediate reports of injuries from the storms, which also left the criminal courthouse in New Orleans without power and caused several area schools, including the University of New Orleans, to cancel classes.

REUTERS



Google launches portal to buy patents

Google said it would launch an experimental portal that allows interested patent holders to sell their patents to the company.

Patent holders can tell Google about the patents they're willing to sell and the expected price



A Google sign hangs from its New York City building. / GETTY IMAGES

through the portal, the company said on its blog. The Patent Purchase Promotion program will

remain open from May 8 to May 22, the company said on Monday.

REUTERS

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MBA programs reveal what they really want to see from students

Inside look.

Admissions offices tell us their secrets.

Believe it or not, it is possible to show some personality in a grad school application. We asked the admissions offices of five top MBA programs what they wished applicants would do more. Here's what they said.

Isser Gallogly

Assistant dean of admissions, New York University Leonard N. Stern School of Business
"We would like to see

applicants take ownership of the application process and to be accountable. Ultimately, it's your application and you need to be responsible for your part of the process. You would be surprised at the number of applicants who try to cut corners. That behavior does not put a candidate in the best light with the admissions committee."

Allison Jamison

Director of marketing and recruitment, Duke University Fuqua School of Business
"In the Fuqua application we ask applicants to share

their community and leadership activities. Very often, we see individuals not spend as much time on this part of the application. We see applicants reference activities and leadership positions in their resumes and essays that are not included in the listing of activities. We are looking to see applicants be able to connect past participation in activities and leadership roles with their own potential to lead."

Crystal Grant

Head of admissions, Imperial College Business School (UK)

"One of the features of our application is the three-minute video pitch, which provides you with the perfect opportunity to set yourself apart from other candidates. This is your chance to speak to us directly. There's no one right way of approaching the video pitch, but we would really like to see more creativity and individuality from candidates. Be yourself — don't try and be what you think we want to see and hear."

Yvonne Li

Director of MBA admissions & career services, CEIBS (China)

"Some applicants may have a beautiful application package, but when we get to the interview round they perform very differently from what's on paper. Other mistakes that come to mind: The wrong school name mentioned in essay answers; or some give perfect answers to all the questions, but have no impact whatsoever because they haven't shown us who they are as individuals. They completely lose sight of what makes them unique."

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CULTURE



Twitter feed

Today, Chris Evans is clean-shaven, Kerry Washington is Team Daenerys, Jeremy Renner is a morning person, and Ellen DeGeneres is not actually giving all her employees a raise.

@ChrisEvans: Dear beard We had a good run, but this is where I leave you. Thank you for braving the Boston winter with me. I miss you already #Cap3Begins

@kerrywashington: Have I mentioned how much I LOVE #GameofThrones ?!?!?!? Geez Louize.

@Renner4Real: Active demonstration of love and compassion—embracing of my strengths and flaws, begins my everyday. N coffee

@TheEllenShow: My show won the Emmy for best Talk Show! I'm so honored & proud of everyone I work with. You all deserve a raise...the roof! Woop woop woop!

1

Dave Chappelle's fans boo, demand refunds



ALL PHOTOS GETTY IMAGES

Reclusive comic Dave Chappelle is facing something of a PR disaster after fans at one of his recent performances in Detroit turned on him, unhappy with his act—or complete lack of one. Chappelle reportedly showed up late and spent his time on stage “quietly smoking, rambling and slurring his speech,” according to TMZ. Audience members later took to Facebook to complain about the show as “a waste of money” and “horrible,” and they’re demanding refunds for the tickets, which sold for as much as \$240. Good luck with that.

As for Chappelle? A statement from his rep is only adding insult to injury for the offended fans. “Out of the 50 shows on the tour, Thursday was definitely not his best set,” his rep says.

“On the flip side, the incident inspired some additional sharp-witted material and [Friday] he came back with a vengeance.” Well, good for him!

THE WORD

Ned Ehrbar takes on the world of gossip.



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2

Did a messy divorce just reveal the identity of January Jones' baby daddy?

January Jones has continued to keep mum on the identity of the father of her 3-year-old son, Xander, but that's not stopping others from speculating. For instance, “Law & Order” actress Stephanie March is currently locked in a bitter divorce battle with celebrity chef Bobby Flay and reportedly thinks Flay not only cheated on her with Jones, but also fathered Xander, according to the Globe. Oh, and whoever is writing for the tabloid is really enjoying the cooking-related puns: “Steph is broiling over buzz that her 50-year-old hubby marinated the ‘Mad Men’ lamb chop,” the tabloid’s tale goes.



“After Bobby and January reportedly turned up the heat in 2010, she had a bun in the oven. Her son, Xander, was served up just a few months later.

January has never revealed the name of her son’s father. But, Stephanie is suspicious and the kid does look a bit like Bobby.” Bravo, Globe writer. Bravo.

3

Ian Somerhalder and Nikki Reed tie the knot

When he wasn’t busy helping Metro out with our Earth Day coverage, “Vampire Diaries” star Ian Somerhalder was apparently secretly planning a wedding to fiancée Nikki Reed. Somerhalder and the “Twilight” star tied the knot in Santa Monica, California on Sunday morning, cementing their cross-franchise vampire union less than four months after getting engaged. Somerhalder marked the occasion the morning of the big event by tweeting that it was the “most beautiful morning ever.” Both bride and groom wore white, whatever that means.



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Navigating the pre-K registration minefield



Regardless of where your child goes to school, education starts at home. / ISTOCK

I've heard too many horror stories about enrolling kids into pre-K, whether in a private or public school. I never could have expected that it'd be as difficult as the college application process.

In my neighborhood, getting into the pre-K of your choice is incredibly competitive. It's the reason a very good friend of mine is putting so much pressure on me about being more proactive and doing more research on the matter.

Applying for pre-K is the topic of conversation among all of my mommy friends — many of them tenacious, scrambling to get their kids into the school of their first choice even if they aren't zoned for it — from schmoozing with principals to volunteering at teacher events. That's just not me! It's not that I don't care — obviously where my son goes to school is a huge concern of mine — but I'm

Mommyhood Musings

YESENIA ALMONTE

Twitter and Instagram:
@yeseniaalmonte

Metro's new parenting blogger will be sharing her parenting triumphs and fails — and taking you along for the ride. Yesenia Almonte is a born and bred New Yorker who lives in Brooklyn with her husband and two sons, Hudson, 3, and Crosby, 10 months.



also a big believer in the education that happens at home.

A lot of parents put too much emphasis on the particular school they believe their child needs to attend to become a successful adult. I get where they are coming from, but I think the learning going on at home is even more important than the education they receive in school. I'm an example of this. I grew up in the Lower



For exclusive commentary, visit Metro.us/blogs.

East Side in a terrible school district, but my parents made it a point to teach us the value of education by encouraging us to read every day, study hard and be curious about everything. It's simple, but effective and that's something I am doing for my kids.

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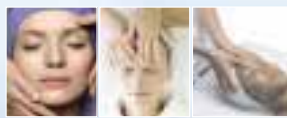
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1. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penile Prosthesis. American Medical Systems. 2012.

2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.

3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.

4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.

5. Penile prosthesis. <http://www.essm.org/society/esham/malesd/oraltreatments/penileprosthesis.html>. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

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Nick Kroll gets

Interview. "Adult Beginners" lets the sketch comedy chameleon take the lead — and show some emotion.

Nick Kroll has made a name for himself on "Kroll Show," "Parks and Recreation" and "The League" for off-the-wall, outlandish comic roles, but Kroll is showing a slightly more serious side with "Adult Beginners," about a washed-up entrepreneur (Kroll) who signs up as baby-sitter for his sister (Rose Byrne) after his life implodes.

The thing that seems to catch people off-guard with this movie is how dramatic it actually becomes.

I feel like the original idea could've gone either way. You could go toward a big, sort of broad "it's the manny!" thing. But Vin Diesel in "The Pacifier" kind of ruined that for us. I pretty quickly knew that I wasn't interested in that kind of movie, and when I started talking to [producer] Mark Duplass about it — and the way he comes at projects — it just felt like this could be a really grounded, real story. And then when we met with Liz Flahive and Jeff Cox, who wrote the script, who have a 3-year-old son and also just gave birth to a kid literally right before we started production, there's just so much to work with. I hope



Nick Kroll becomes a stay-at-home sitter in "Adult Beginners."

RADIUS-TWC



NICK KROLL
GETTY IMAGES

the movie's funny and I hope the movie's dramatic and works, but you didn't need to do a lot of legwork on either side to make it feel resonant. Our feeling was don't push either, let everything happen as realistically as it can, and the drama will be there and the comedy will be there. Also, then, getting guys like Bobby Cannavale who as an actor is always going to play things real while also comedic, it made us try to approach the story as real to the relationships as possible.

Does having a TV background help



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serious



Quoted

"I hope the movie's funny and I hope the movie's dramatic and works, but you didn't need to do a lot of legwork on either side to make it feel resonant." Kroll

for a project like this?

Liz, who has been working on "Nurse Jackie" for a long time, was also a playwright. And Jeff — her husband — he and his brother wrote "Blades of Glory," so you knew that you were playing with both. You knew that you had people who were really grounded and were also going to write funny stuff, funny details.

And the supporting cast in this has some prime comedy talent.

We luckily peppered it with talent. Obviously at the core it's me, Rose and Bobby and the changing alliances with all that. But then every scene is peppered with an all-star. We start with Joel [McHale], we come back to him and we get [Jason] Mantzoukas, we've got Josh Charles, Jane [Krawowski], Julie White, Celia Weston — every scene has this other element that comes in to ruffle feathers.

Doing a climactic scene waist-deep in water has got to be a challenge.

And no joke, the heater was not working. And it was eight degrees outside and snowing. It doesn't sound bad when you say it, but it was about 65, 70 degrees in the pool. Normally when you go swimming it's, like, 85 degrees in a pool. It helped the performances, since we're supposed to be afraid of the water. When you pan around and see the other kids in the pool, there's a couple little girls with straight-up blue lips.

What was that sweater coat that Joel was wearing?

That was apparently a designer item that cost \$6,000 new. Joel said it was the ugliest thing he'd ever seen, but I think once we see it on Joel in this movie, the rug robe is going to make a big comeback. I didn't get a wardrobe, except for a couple of items. I was like, "Well I'll just wear my s---, save everybody time and money."



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TV watch list



She's excited about Benson visiting her show, you can tell.
ELIZABETH MORRIS, NBC

DRAMA

'Chicago Fire'

The first in a multi-episode crossover event begins tonight, as Detective Benson of "Law and Order: SVU" heads to Chicago for a case that bears similarities to an SVU investigation.

10 P.M., NBC

COMEDY

'New Girl'

Schmidt tries to help Fawn Moscato with her political scandal, while Jess is convinced she's a love doctor with deep insight into romance, and tries to help out Coach with his relationship.

9 P.M., FOX

REALITY

'Dancing with the Stars'

The show celebrates 10 years on the air with some returning favorites, as well as an opening number that promises to feature 45 of the show's stars. 8 P.M., ABC

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Interview. Brett Morgen wants you to watch "Kurt Cobain: Montage of Heck" as big — or at least as loud — as you can.

"Kurt Cobain: Montage of Heck" isn't your usual rock doc and for that, you can thank filmmaker Brett Morgen. With "The Kid Stays in the Picture" and "Chicago 10," Morgen made non-fiction films that are about sensation as much as information. With "Heck," he does the same thing for the late Nirvana frontman.

This is a very stylized look at his life.

It's not a movie about Nirvana, and it's not a movie about Seattle, and it's not

a movie about grunge. It's a movie about a boy. And we go on a journey with him through his life. It's a lot closer in spirit to "Boyhood" than it is to any rock doc that I can point my finger at.

You've long been very vocal about making docs that really exploit the film medium.

If I was doing a book on Kurt, it would take on a different shape and form. But when I'm approaching a subject, I'm always thinking to myself, how can I use the medium of cinema to advance this experience? I want to use every inch and every frame and every speaker I can to access that experience for the viewer.

It also doesn't just play the hits. You use alternate or instrumental covers of

their songs, and "Smells Like Teen Spirit" isn't even blasted until the end credits.

It's funny: when I got through the first cut and the film was over, I looked at Joe Beshenkovsky, my editorial colleague, and he said, "Did you realize we didn't even use 'Teen Spirit'?" It wasn't deliberate. In a normal film you would get to the moment when "Teen Spirit" comes out and it's this cliché, "Hey, we're all on top and we made it!" triumphant moment. But in many ways "Teen Spirit" created a lot of pain for Kurt. Rather than play it as a celebratory moment, we went 180 degrees and played it as a funeral dirge.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us



Courtney Love, left, is one of the subjects of "Kurt Cobain: Montage of Heck."

One more thing

The big screen

"Montage of Heck" is getting a brief theatrical release but it will be on HBO on May 4. It does cry out for a big screen.

The movie was intended to be immersive. It was designed for the cinema. We're only playing theatrically in three cities: New York, L.A. and Seattle. I urge people if they have any passing

interest in this subject or in my work to experience this in a cinema the way it was intended. And if not, if they're watching it on HBO, they should have a remote control in their hand and crank the volume as loud as humanly possible when we get to those music scenes. I love the communal experience in a really big theater, just cranked. To me, sound should be felt rather than heard. That's how we designed the film.



BRETT MORGEN
GETTY IMAGES



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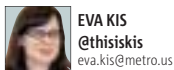
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Parenting beyond love

Jenny Lexhed on how she almost lost herself to her son's autism.



EVA KÍS
@thisiskis
eva.kis@metro.lv

The title of Jenny Lexhed's parenting memoir, "Love Is Not Enough," is a difficult one for parents to grasp. But those coming to terms with raising an autistic child will understand it immediately.

"Love is the foundation when you have a child," she explains. "But love is not enough to raise a child with autism. You have to understand. You have to educate yourself and how you can meet your child in the right way and help them learn and develop."

The book, already a best-seller in her native Sweden and recently released in the U.S., recounts a struggle in which the stakes were as high for her as they were for her son Lucas, now 17.

She describes getting the diagnosis — a difficult process in itself in the late '90s — as "falling into a big black hole, because there is so much to take in and learn." It also came at a difficult time for her family: Her husband had just started a company, which meant she was mostly alone with Lucas. "I saw [his condition] as my responsibility."

Having little time during the day, Lexhed began staying up all night re-



Parenting an autistic child requires more effort, but it's important not to sacrifice your own health in the process. ISTOCK

searching autism and creating her own educational materials for Lucas, who faced a long wait getting into the special programs he needed. The feeling of "fighting against a clock" drove her on.

But the only thing more difficult than trying to manage an autistic child is doing it without help. Eventually, the drive to help her son not only consumed all of Lexhed's days, but herself, too: She

suffered a nervous breakdown that left her hospitalized in 2001. A study she later read found that parents with special-needs children have higher rates of depression and burnout; mothers to children with autism were found to have the same level of stress as combat soldiers, which didn't surprise her. "It's a constant challenge, every day," she says.

She credits her recovery with learning to care

for herself by leading a balanced life, including exercising, getting enough sleep, making time for relaxation and reaching out for help.

Lexhed describes how working to understand Lucas honed her into a highly specialized detective: "What is so frustrating about being an autism parent is that you feel inadequate so many times. Your child can be screaming and you don't know

why — are they in pain? What's happening?"

It can be difficult to resist the temptation of opting out; it's often the easiest choice. But increased attention — April is Autism Awareness Month — helps, and she encourages parents to make the effort.

"Initially it's really tough to do new things, but then when you can overcome that, you can have the benefits and the joy," she says.



Jenny Lexhed

How to make a new experience enjoyable

Plan ahead: If you have to break with your daily routine, let your child know what is happening and explain why.

Make an itinerary: Even if you're going somewhere familiar, there can be an issue. Being clear — "We're going to this place to do these things" — can settle their anxieties and manage their expectations.

Take it slow: When Lexhed and her husband wanted to share their love of skiing with Lucas, they started by having him wear the ski boots in their home. Then they slowly pulled him around on skis in their backyard. Once they got to the slopes, the ski lift posed a problem at first, but once aboard, "he sees it's not that bad and we can manage this together."

Spell out the rules clearly: Autistic children may seem to want to be by themselves, but Lexhed says often they simply don't know how to participate: "My son loves to play with others — if he understands the game."

Manage the reaction: Try to explain your child's condition and that he has trouble with new situations.

Take care of yourself: Finding a way to relax isn't selfish. "Even a short walk by yourself can be a moment of relaxation. You think it's a luxury you can't afford, but a moment for yourself here and there really helps you re-energize so you can be a good parent."

"Love is the foundation when you have a child. But love is not enough to raise a child with autism. You have to understand, you have to educate yourself and how you can meet your child in the right way and help them learn and develop."

How to make sure lost weight is gone for good

Before breakfast, drink water with lemon juice at room temperature

A few minutes later, drink a homemade sobacha (buckwheat tea)

Walk for 30 minutes before eating breakfast

Stick to the "no-excuse rule": Whatever the obstacle standing between you and your workout, there is always a solution

Reduce your dairy intake as much as possible

Learn how to breathe properly to reduce stress

When you go to bed, turn off all electronic devices (yes, even your phone) and put them in another room to avoid any disturbance during the night

When it comes to wellness, celebrities are just like us

Even the uber-famous can slack on fitness, says A-list trainer Valérie Orsoni.



ELODIE NOEL
MWN
letters@metro.us



"I don't even need to work; I really do it out of passion for well-being," starts Valérie Orsoni.

The San Francisco-based celebrity trainer has made a name for herself training — although she would never confirm their identities — A-list Hollywood stars, rumored to include the likes of Jennifer Aniston, Demi Moore, Jennifer Lopez and Kim Kardashian.

"Unless they kindly

agree to it, I would never reveal the name of a client," explains the trainer. It's through Jason Moore, Paris Hilton's former manager, that Valérie meets most of them. Usually, she doesn't work for them for a long time.

"Stardom makes it really hard to do anything long-term," she explains. "They are always torn between their manager, agent, guru du jour, friends or the latest fad in their endless search for perfection."

Orsoni developed her method after putting on weight following her parents' divorce. Between the ages of 15 and 18, she tried all the diets she could find: 42 in total, according to her. To find one that actually worked, she created a mash-up of all of them.

Her method is not



Valérie Orsoni is famously mum about her clientele. MIKEL HEALEY PHOTOGRAPHY

about starving yourself, cutting out entire food groups or extreme exercise routines. And yet, her clients aren't always on board. "Some of them are really motivated but easily crack for food," she says. "While some of them always find excuses, and I hate excuses. Especially when they pretend to be tired when they were up all night partying under the eyes of the paparazzi."

It was dealing with the excuses that gave the fitness expert new ideas about keeping them motivated, which she shares

in her new book, "Le BootCamp Diet," out today. "One of them told me that she couldn't be bothered putting on her gym clothes in the morning. I told her to sleep in them!"

On the other hand, you also have the "well-behaved," who wake up at 4:30 a.m. to work out and wouldn't dare to put French fries in their mouth. There is also a secret motivator no one really likes to admit: the rivalry with a competitor, either for a role or for a partner, which can definitely help them get

out of bed. "They want to be skinnier than their ex-boyfriend's new flame," the coach laughs.

To help her famous clients tackle the extra pounds before shooting a film or walking the red carpet, Orsoni makes them go on a detox, eating "mostly plants and seafood — not fried, of course. It's a mix of low-GI [glycemic index] and alkalizing food like papaya, pineapple, berries, nectarines and sprouted seeds and nuts, which will also give them glowing skin."

She also sometimes prescribes an infrared sauna session every day, to improve circulation. Another tip from the coach: "One hour before putting on the dress and makeup, some push-ups will really add definition."

In the long run, however, she wouldn't recommend cutting any food. "My program is based on no guilt. I think depriving yourself just makes you more likely to compensate afterwards and put the weight back on."

We'd all happily stick to that rule.

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2. Crane: This makes the legs, butt and abs work together. Do 10 reps with each leg, lifting it at a 45-degree angle and holding the position for 30 seconds.

3. Gazelle: Works on the inner and outer parts of the legs as well as the abs. Do two minutes of up-and-down movements on each side.



Horoscope

Taurus | April 21-May 21
Shake up your routine. Get involved in a hobby that motivates you. Revisit a project that you set aside because the timing wasn't right. Put your needs first.

Gemini | May 22-June 20
Doubts about a current relationship will need to be analyzed. If your feelings have changed, you have to be honest with yourself.

Cancer | June 21-July 22
Don't punish yourself by sticking with an unhappy situation. You can improve your career options if you take decisive action.

Leo | July 23-Aug. 22
Meetings or social engagements will bring you in contact with a potential partner. You will discover valuable information regarding your idea for a home business.

Virgo | Aug. 23-Sept. 22
Tension in your personal life will stress you out. Self-pity will not help your situation. Getting problems out in the open will lead to a solution.

Libra | Sept. 23-Oct. 22
You will get back as much as you put in. Offer the world a joyful, helpful attitude. Share your good mood with people.

Scorpio | Oct. 23-Nov. 21
Stick to your agenda and don't get sidetracked by taking on responsibilities that don't belong to you. Make your primary interests your first priority.

Sagittarius | Nov. 22-Dec. 21
Be cautious if you are traveling. Focus on the jobs you are responsible for, and don't stop until you are finished. Distraction will lead to a minor mishap.

Capricorn | Dec. 22-Jan. 20
Add some excitement to your life. Do something out of the ordinary with a close friend or loved one.

Aquarius | Jan. 21-Feb. 18
Personal relationships, your dream job and where you would like to live should all be reflected on.

Pisces | Feb. 19-March 20
Not everyone will be honest with you. Expect someone to take credit for your work. Let others know what you have been up to.

Aries | March 21-April 20
It's up to you to make things happen. Don't let anyone dissuade you from following your dreams. Pursue your goals with determination in order to make headway. **EUGENIA LAST**

Letters to the editor

Nepal, Beckham party in sharp contrast

I think it's a sad world when you read about the utter devastation in Nepal on one page, and David Beckham's ultra-lavish 40th birthday party on the next. It is such a backwards world where thousands, if not millions, of dollars are spent on parties with fancy food, alcohol, and entertainment while people die from lack of simple water and food. I cannot understand how people isolate themselves so completely from the dire needs of their fellow human beings.

ANNIE FERRIS, VIA EMAIL

Enough debt

The national debt has increased over \$7 trillion from \$11 trillion to a record \$18.2 trillion over the past seven years under President Obama with nothing to show for it. The debate has already begun in Washington as part of the looming 2016 federal budget negotiations between the president and Congress about permitting our national debt to grow even more. What's another trillion or two between friends? Isn't it time Washington destroyed its credit cards and lived within its means just like you and I?

LARRY PENNER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.



Sudoku: Easy and hard

		3			9	5		
2			1				9	
	9			2	3		7	
	3		6					4
4			7		5			9
9					2		6	
	1		8	6			2	
	4				1			8
		8	9			3		

			6	9		5	1	
1	5		2					
7	6		5	4		2		
		6		1				
4								9
				7		3		
		3	2	5		6	8	
				4		3	2	
	8	1		6	3			

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Propeller type
- 6 Golfer — Els
- 11 Yes, to Angus
- 14 Queen of the Misty Isles
- 15 Gets closer
- 16 Michael Stipe's group
- 17 Succeed (2 wds.)
- 18 Weather maker (2 wds.)
- 20 Turkish potentate
- 21 Goddess's statue
- 23 Singing cowpoke
- 24 Like watermelons
- 26 Fastens down at sea
- 28 Horrified
- 30 Broad valleys
- 31 Derrick or crane
- 32 Where Asia begins
- 33 Dog-scolding word
- 36 Band member
- 37 Double agents
- 38 Mete out
- 39 — and yang
- 40 Lent a hand
- 41 Polyester partner
- 42 Cast member
- 43 Knights' weapons
- 44 Marks down
- 47 Fab Four member
- 48 Castle that danced
- 49 Egg portion
- 50 Rural elec. org.
- 53 Play down (hyph.)

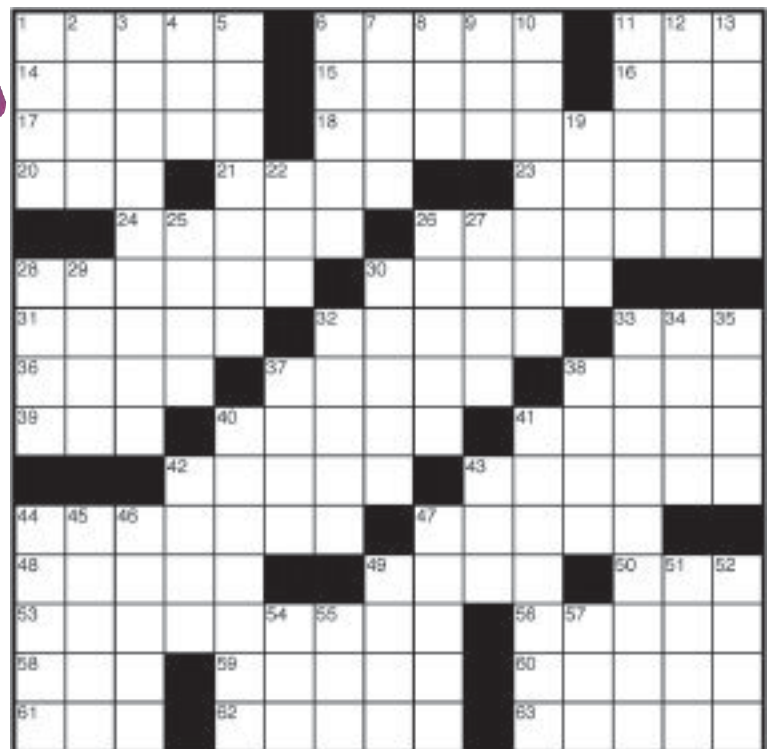
Down

- 1 Lengthy story
- 2 Block
- 3 Make over
- 4 LAX info
- 5 Most cautious
- 6 Have fun with
- 7 Tackle-box item
- 8 "Unforgettable" crooner
- 9 Capone foe
- 10 Manors
- 11 Glacial ridge
- 12 Pine for
- 13 TV statuettes
- 19 Wheel tracks
- 22 Banned bug spray
- 25 Cut some slack
- 26 Soundless sheepish
- 27 Bard title start
- 28 Shout from the bridge
- 29 Mongolian desert
- 30 Paint additive
- 32 Elegant coiffures
- 33 Wouldn't buy

- 34 Sunblock additive
- 35 Wildlife refuges
- 37 Location
- 38 Mild oath
- 40 Agrees to
- 41 Worst-smelling
- 42 Cousin's mother
- 43 Diamond —
- 44 Above the horizon
- 45 Carve a canyon
- 46 Friday's creator
- 47 Rich kid in "Nancy" comics
- 49 Wobbles, as a rocket
- 51 Sell
- 52 Bohemian
- 54 Epoch
- 55 Dawn to dusk
- 57 Drill sgt.



Yesterday's answer



Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



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3

SPORTS



Nets 120, Hawks 115

Nets even series at 2

Deron Williams had a throwback outing Monday night in Game 4 of the Nets' series with Atlanta as he dropped 35 points on the Hawks in a thrilling 120-115 overtime Brooklyn win. A 3-pointer by Bojan Bogdanovic with 1:24 left gave the Nets a one-point edge late in OT and a Thaddeus Young jumper put Brooklyn ahead by three. The series is now tied, 2-2, with the series shifting back to Atlanta for Game 5 Wednesday.

Isles bow out in Game 7, Caps too much to handle

NHL. The Islanders' offense was nowhere to be seen in D.C. Monday.

The Islanders' days of playing at Nassau Coliseum are over. Their oftentimes magical 2014-15 season? Done too.

The Capitals made sure it wouldn't be an all-New York spring Monday night as they advanced to the Eastern semifinals to play the Rangers, courtesy of a 2-1 Game 7 win.

Given the small amount of shots the Isles got on net in D.C. Monday, it was miraculous that the scoreboard margin was so slim. New York only got 11 shots on net while the Caps kept firing away at Jaroslav Halak. Halak turned away 24 shots, but a second period goal by Joel Ward and a third period strike by Evgeny Kuznetsov allowed the Capitals to prevail.

Ward's goal came via a second chance opportunity as he shoved the puck through the legs of Halak after being parked in front of the net on a Brooks Orpik attempt.

Kuznetsov registered the killer, striking at 12:42



Johnny Boychuk hangs his head as the Capitals celebrate their Game 7 win in Washington. / GETTY IMAGES

By the numbers

1972

Just moment after the Islanders' season came to a close, their Wikipedia page was updated to read that their home arena was Barclays Center. The Islanders had played at Nassau Coliseum since 1972.

of the third when he held onto the puck for, seemingly, an eternity as Halak sprawled across the ice in front of the net. Kuznetsov saw the opening and popped it in, giving the Caps the 2-1 lead they would skate away with.

The Islanders scored their lone goal at the 3:13

mark of the third when Frans Nielsen squirted a wobbly one by a rusty Holtby. Nielsen's goal tied the game at 1, but the Caps just kept putting pressure on Halak.

Washington looked like the stronger team throughout, with the Capitals winning 10-of-16

faceoffs in the first period. They also got off nine shots on net in the first compared to just three for New York. John Tavares did not get a shot on Holtby all night.

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UFC

'Bones' Jones on the run

UFC light-heavyweight champion Jon "Bones" Jones was on the run from the law Monday as police in Albuquerque, New Mexico, continued their search for the MMA star after a hit-and-run Sunday. Jones reportedly fled on foot from the scene of a three-car accident, which occurred because one driver ran a red light. A 25-year-old pregnant woman was sent to a local hospital for "precautionary reasons" as a result of the crash. Jones was seen grabbing a "large handful of cash" from his car before running from the scene. **MATT BURKE**



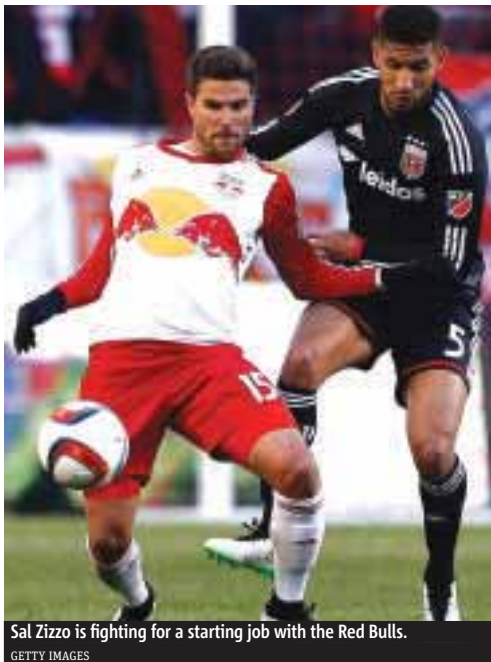
JON JONES

Zizzo shines for Red Bulls ahead of birth of firstborn

MLS. The wife of Sal Zizzo was induced for labor hours after the midfielder played against the Galaxy.

Shortly after setting up his team's game-tying goal, New York Red Bulls midfielder Sal Zizzo was headed to the hospital for the birth of his first child, this after what was arguably his best match of the season.

Sometime on Sunday evening or Monday morning, Destiny Moniz, the model/actress wife of Zizzo, was induced for labor to bring daughter Capri into the world. Moniz was at Red Bull Arena on Sunday night to watch her husband's team earn a 1-1



Sal Zizzo is fighting for a starting job with the Red Bulls.

GETTY IMAGES

result against defending MLS Cup champion Los Angeles Galaxy. She sat in the stands and watched the match and was waiting for Zizzo afterward in the adjacent "family room" for the trip to the hospital.

In what was his first start in almost a month, Zizzo produced one of his best performances of the season. He went a solid 75 minutes that included several daring displays on the ball along with a fair amount of flair, rewarding the confidence placed in him by head coach Jesse Marsch. In short, he looked nothing like someone distracted by, just hours away, the arrival of his firstborn.

"For me what I'm doing all week is just making sure I'm fresh. I know they think highly of me and I'll be ready for any

kind of chance to start. He gave me a call," Zizzo told Metro about Marsch's decision to give him the start. "Going out there today, mentally, I was trying to be a little more dangerous and not try to always make the easy pass, to make the hard pass and drive with the ball a little bit."

Zizzo was inserted into the starting lineup, according to Marsch, for his one-on-one ability and he produced that several times in the match, in particular in the first half. Zizzo got free in the 58th minute, sending in a ball from the left side of the penalty area that ping-ponged and eventually hit off the head of central midfielder Felipe Martins for the game's equalizer.

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